



Steam-Grilled Green Onions



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 2 cloves garlic minced
- ☐ 12 green onions rinsed ends trimmed

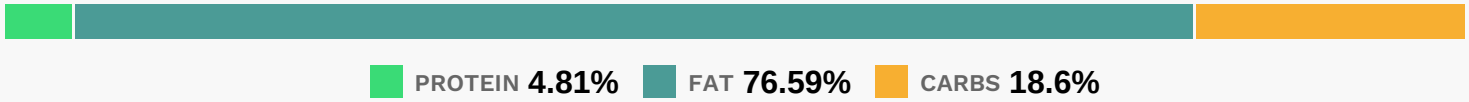
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a grill for medium-low heat.
- ☐ Cut a sheet of aluminum foil to about 12x15 inches. Arrange the green onions side by side in the center of the foil sheet.
- ☐ Sprinkle the onions evenly with the garlic, salt, and pepper. Arrange butter over the onions. Keeping the green onions flat, fold the foil to make a sealed cooking pouch.
- ☐ Place the foil packet on the preheated grill away from the main heat source. Allow the green onions to steam 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:5.6817391210276%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 63.94kcal (3.2%), Fat: 5.75g (8.85%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.86g (0.95%), Cholesterol: 15.05mg (5.02%), Sodium: 51.03mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin K: 75.04µg (71.46%), Vitamin A: 533.98IU (10.68%), Vitamin C: 7.24mg (8.77%), Folate: 23.3µg (5.82%), Manganese: 0.08mg (4.13%), Fiber: 0.97g (3.87%), Iron: 0.56mg (3.11%), Potassium: 107.06mg (3.06%), Calcium: 30.32mg (3.03%), Vitamin E: 0.36mg (2.41%), Vitamin B6: 0.04mg (2.04%), Magnesium: 7.72mg (1.93%), Vitamin B2: 0.03mg (1.93%), Phosphorus: 17.3mg (1.73%), Copper: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.54%), Zinc: 0.16mg (1.09%), Vitamin B3: 0.2mg (1.01%)